

The Parks & Recreation Department offers a wide range of programs and activities for active and mature adults, ages 50 and above. For more information on the 50 Plus Program, contact the Parks & Recreation office at 309-5765.

2nd Sixty News

This monthly newsletter is published the last Monday of each month in the Salina Journal's Neighbor's section. This insert includes calendar of events and activities of the Parks & Recreation Department and the Salina Senior Center, Friendship Meals menu, and other resource information. If you do not receive the Salina Journal, contact the Parks & Recreation office at 309-5765, and we will send you a copy of the newsletter at no charge or pick up a copy at the Salina Senior Center or the Central Mall Kiosk

Body Shaping

This program has been developed in cooperation with the Salina Family YMCA. The program will help individuals who are interested in weight training, walking, using a treadmill or stationary bike, and more. We will meet in the YMCA Fitness Room on Monday, Wednesday, and Friday from 10:00-11:30 a.m. **or** 1:00-2:30 p.m. Monthly fee is \$15.00 for 2 days/week, or \$20 for 3 days/week. A trainer will be present to help develop personal training plans for all individuals and assist them on the machines. This is a great way to get toned and keep those muscles working. Come try out this class! Registration and payment must be made at the Parks & Recreation office prior to the first class of each month. Fall classes begin Wednesday, September 2.

Sept: 8003.116 a.m. 3x 8003.117 a.m. 2x 8003.118 p.m. 2x 8003.119 p.m. 3x	Dec: 8004.115 a.m. 3X 8004.116 a.m. 2x 8004.117 p.m. 3x 8004.118 p.m. 2x
Oct: 8003.203 a.m. 3x 8003.204 a.m. 2x 8003.213 p.m. 3x 8003.214 p.m. 2x	Jan: 8004.204 a.m. 3x 8004.205 a.m. 2x 8004.212 p.m. 3x 8004.213 p.m. 2x
Nov: 8003.303 a.m. 3x 8003.304 a.m. 2x 8003.313 p.m. 3x 8003.314 p.m. 2x	Feb: 8004.333 a.m. 3x 8004.323 a.m. 2x 8004.305 p.m. 3x 8004.332 p.m. 2x

Arthritis Classes

The Kansas Arthritis Foundation along with the Salina Parks and Recreation Department will be offering a variety of programs to assist you in reduction of pain, improve pain management and reduce doctor's visits.

YMCA Aquatics Exercise Class is offered every Monday/Wednesday/Friday at 9:30 a.m. at the YMCA. Bring a towel, dressing rooms are available. Cost is \$15.00 per month.

Sept: 8003.120	Dec: 8004.123
Oct: 8003.218	Jan: 8004.210
Nov: 8003.319	Feb: 8004.331

Eaglecrest Aquatics Exercise is now offered two different times on Monday /Thursday. One class is from 1:30-2:30 and another from 2:30-3:30 p.m. at the Eaglecrest Retirement Center. Cost is \$10.00 per month.

Sept: 8003.105/8003.106	Dec: 8004.132/8004.133
Oct: 8003.223/8003.224	Jan: 8004.202/8004.203
Nov: 8003.316/8003.317	Feb: 8004.324/8004.325

Arthritis Self Help Class is offer on Thursday evening from September 16 to October 21. The 6-week class meets from 6:30-8:30 p.m. at the Salina Senior Center, 245 North 9th. The class uses a guidebook. The class is free after the purchase of your book which is \$20.00

8003.125



**Eaglecrest Retirement Community
is happy to partner with the City of Salina
Parks & Recreation Department.**

1501 East Magnolia Road
Salina, Kansas 67401

(785) 309-1501

www.EaglecrestSeniorLiving.com

Senior Services Fair

The 2010 KS Senior Services Fair, "To Oldly Go Where No One Has Gone Before", will be held at the Bicentennial Center on Tuesday, September 21st. The day's activities include presentations, exhibits, lunch, and a silent auction. Cost is \$15.00 before September 10 or \$20.00 after. Register through the North Central Flint Hills Area Agency on Aging, 437 Houston St., Manhattan, KS 66502, (1-800) 432-2703, or with the Salina Senior Center.

Movies At The Mall

The first Tuesday of each month, the Parks & Recreation Department will sponsor a reduced price movie at the Central Mall theaters. The shows are recent box office hits that are family friendly. The movies begin at 1:00 p.m. and no reservations are needed to attend. The movies will cost \$2.00. The movies will resume on October 5th. Watch the 2nd Sixty for the movie titles.

Stroke Support Group

The Salina Area Stroke Support group is cosponsored by Salina Parks and Recreation and the Salina Regional Health Center. It is open to anyone who has suffered a stroke, their families or friends. For more information, call Janice at 309-5765 or Linda at 452-7911. Transportation is provided to all events. Information about the monthly meetings is in the 2nd Sixty News as well as a separate newsletter.

Fall activities include:

September 22: Picnic at Lakewood Discovery Center

October 27: Kansas Cosmosphere/Space Center & lunch at Main Street Deli in McPherson

December 15: Christmas Party

A 2011 calendar will be mailed out to our Stroke Support Group Mailing list or watch the 2nd Sixty News for more information.

Mrs. Santa's Store

On December 3-4, the Senior Center will be full of little shoppers as the Senior Center, and Parks & Recreation Department host the 13th annual Mrs. Santa's Store. The event is open to grade school children (kindergarten through 6th grades) and gives them the opportunity to shop for family members, friends, teachers, etc. Homemade items are needed, as well as volunteers to work the two days. For more information and the times, call Janice at 309-5765.

Computer Classes

The Salina Parks & Recreation Department, along with the Salina Senior Center, continue to offer a variety of classes at the Computer Lab hosted at the Senior Center. During the second week of each month starting at 1:00 p.m., we will offer a class on computer basics. An "E-Mail/Internet" class is offered during the third week of each month at 1:00 p.m. Registration is not required and these classes are offered on a first-come, first-served basis. Open lab time Begins at 9:00 am Monday through Friday. A genealogy interest group meets at 1:00 p.m. on the first and third Friday of the month. SCUG (Senior Computer Users Group) will meet on a day during the fourth week of each month at 1:00 p.m. A computer 'help session' is offered at 11:30 a.m. Monday-Friday. The computer lab is located on the third floor of the Senior center Watch the 2nd Sixty for more details.



Trips & Tours

The Parks & Recreation 50 Plus program continues to provide travel opportunities for area senior citizens and other interested persons. More information will also be available in the 2nd Sixty News and on our trips mailing list. Please contact the Parks & Recreation office at 309-5765 for additional information on upcoming trips. Overnight trips are based upon double occupancy rates.

8003.108 Kechi Playhouse "Improbable Pride and Prejudice"/Cracker Barrel
Friday, September 10
Fee: \$40.00

8003.112 Blue BBQ and Baseball, Kansas City Classics
Friday, September 17
Fee: \$65.00

8003.111 Prairie Rose Chuck Wagon Dinner and Entertainment
Saturday, September 25
Fee: \$50.00

8003.217 New England Islands Tour
October 1-8
(Full)

8003.206 Golden Eagle Casino
Friday, October 15
Fee: \$15.00

8003.220 Abilene GPTF "Lend Me a Tenor"
Sunday, October 24th
Fee: \$20.00

8003.300 Abilene GPTF "Baby" and Brookville Hotel
Wednesday, November 10th
Fee: \$40.00

8003.307 Mystery Trip
Friday, November 19th
Fee: \$40.00

8004.102 Smoky Mountains Tour Show Trip"
December 5-10
Fee: \$590.00 pp/do

8004.125 Crown Uptown Dinner Theater
Thursday, December 16
Fee: \$48.00

8004.307 K.C. American Heartland "Maybe Baby, It's You"/Brasserie
Wednesday, February 2
Fee: \$65.00



Coming in the summer of 2011: Alaska Land and Cruise. More information to come

Special Events

Several special events have been scheduled during the upcoming months. These events may include a meal and special entertainment. Sometimes a small charge is requested to cover the cost. Our fall/winter events include:

Date	Event	Location
August 27	Watermelon Feed	Oakdale Park
Sept. 22	"Senior Fair"	Bicentennial Center
Nov. 18	Holiday Buffet	Salina Sr. Center
Jan. 9	New Years Tea Dance	4-H Building

Crafts

Anyone interested in making crafts is welcome to join us the second and fourth Wednesday of each month at 10:00 a.m. at the Salina Senior Center, 245 North 9th Street. The completed projects can be purchased or kept at the Senior Center for our "Mrs. Santa's Store" held each December.

AARP Defense Driving

This is a great opportunity to learn new traffic laws, deal with road rage and improve your reaction time. AARP will be offering a defense driving class on Tuesday and Thursday, November 2 & 4, at the Salina Senior Center, 245 North 9th Street. The class will run from 5:30-9:30p.m. Pre-registration is required by calling 309-5765. Cost of the class is \$14.00 (\$12.00 if you are an AARP member). You may pay on the first night of class. Refreshments are provided by Humana Market Point. Check with your insurance company to see if they will lower your rate if you complete this course.